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WHAT IS CLAIMED IS:

- 1. A low friction hanger system for reducing the lateral force required to move a hanger on a rod, comprising:
- a friction reducing element located between a hanger hook of a hanger and a supporting rod.
 - 2. The low friction hanger system of claim 1, wherein the friction reducing element comprises at least one roller element located on the hanger hook.
 - 3. The low friction hanger system of claim 2, wherein the at least one roller element comprises a ball bearing.
- 15 4. The low friction hanger system of claim 2, wherein the at least one roller element comprises a concave roller.
 - 5. The low friction hanger system of claim 2, wherein the at least one roller element comprises a roller wheel.
 - 6. The low friction hanger system of claim 1, wherein the friction reducing element is integral with the hanger hook.
- 7. The low friction hanger system of claim 1, wherein the friction reducing element is attachable to a hanger hook without a friction reducing element.
- 8. The low friction hanger system of claim 7, wherein the friction reducing element comprises low friction material that engages with the hanger hook.

- 9. The low friction hanger system of claim 1, wherein the friction reducing element comprises at least one roller element that is attachable to a hanger hook without a friction reducing element.
- 10. The low friction hanger system of claim 1, wherein the friction reducing element comprises low friction material that is retrofitable to a rod without a friction reducing element.

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- 11. The low friction hanger system of claim 1, wherein the friction reducing element comprises low friction material that is incorporated with the rod.
- 15 12. The low friction hanger system of claim 1, wherein the friction reducing element comprises low friction material located on at least an underside of an upper hook portion of the hanger hook.
- 13. The low friction hanger system of claim 1, wherein the hanger further comprises a magnet to aid in the lateral displacement of the hanger relative to other hangers with magnets.
- 14. The low friction hanger system of claim 1, wherein the hanger further comprises mechanical displacement means that extends laterally from the hanger to aid in the lateral displacement the hanger relative to other hangers.
- 30 15. The low friction hanger system of claim 1, wherein the friction reducing element is unitary with the hanger.

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- 16. The low friction hanger system of claim 8, wherein the hanger hook is made of the low friction material.
- 17. A low friction hanger system for reducing the lateral force required to move a hanger on a rod, comprising:
 - a friction reducing element located between a hanger hook of the hanger and a supporting rod; and
 - a lateral displacement means located in the hanger to aid in the lateral displacement the hanger relative to other hangers hanging on the supporting rod.
 - 18. The low friction hanger system of claim of claim 17, wherein the lateral displacement means is selected from the group consisting of magnet in the hanger to aid in the lateral displacement of the hanger relative to other hangers and mechanical displacement means that extends laterally from the hanger to aid in the lateral displacement of the hanger relative to other hangers.
- 20 19. A method for aiding the alignment of items that are hung on hangers on a rod of claim 1, comprising:

hanging an item on a hanger; and

placing the hanger in contact with the supporting rod then letting go of the hanger, allowing the weight of the item on the hanger to fall to a point of equilibrium.

20. The method for aiding the alignment of items that are hung on hangers on a rod of claim 19, wherein when a user of the method pushes or brushes two or more hangers facilitating the natural tendency for the friction diminished hangers to space themselves naturally

21. A method for aiding the alignment of items that are hung on hangers on a rod of claim 6, comprising:

hanging an item on a hanger;

placing the hanger in contact with the supporting rod then letting go of the hanger, allowing the weight of the item on the hanger to fall to a point of equilibrium; and

letting lateral displacement means provide a force to help cause adjacent hangers to adjust their spacing on the rod.

- 22. A method for providing a friction reducing feature to the upper curved portion of a hanger hook which is to be hanged on a rod, comprising:
- finding the approximate point at which the upper curved portion of the hanger hook will make contact with the rod; and attaching a friction reducing means to the upper curved portion so that the friction reducing means will make contact with the rod and carry all or some of the load of the hanger.

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23. The method of claim 22, further including attaching the friction reducing means to other portions of the hanger hook.